

# Uncooked Tomato Sauce

Rating: ★★★★★

Makes: 6 servings

## Ingredients

6 tomatoes (large, cut into chunks)  
1 **tablespoon** garlic (minced)  
1/2 onion, medium (finely chopped)  
1/2 green pepper (finely chopped)  
3 **tablespoons** fresh basil (chopped)  
1/2 **teaspoon** dried oregano  
1 **tablespoon** olive oil  
salt and pepper (optional, to taste)  
6 **cups** pasta (cooked)  
6 **tablespoons** Parmesan cheese (grated)

## Directions

1. Chop tomatoes and mix with all the remaining ingredients in a large bowl.
2. Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

## Notes

Add a can of white or black beans, drained, for extra protein before tossing with pasta or rice.

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>310</b>	
Total Fat	6 g	9%
Protein	12 g	
Carbohydrates	54 g	18%
Dietary Fiber	6 g	24%
Saturated Fat	1.5 g	8%
Sodium	90 mg	4%